

WEEKS 7 & 10

RUNNING WORKOUT

Session 1

WARM-UP	15 min run <u>moderate</u> pace, (2 miles), stretch
SPRINT	150 m hard ...250m easy .. x 8 repeats (each one restart on the 2 min mark)
PATTERNS	Box Drill (1 min on : 1 min off x 4reps) Match the movement of a buddy Up & back or up & diagonal - they choose , you respond

Session 2

WARM-UP	20 min jog <u>easy</u> (2 miles) , lots of retro running , side skipping and ball passing
SPRINT	300 m @ (approx 45-55sec) x 5 repeats...100m walk/jog recovery (on the 2 min clock) Up 10m , lateral 5 m, up 10m, lateral 5m Till the 50 then turn & sprint home (easy jog out to the 50 and back... 2 min recovery & go again) X 3
PATTERNS	Box drill as above (x4)

WEEKS 8 & 11
RUNNING WORKOUT

Run Session 1

WARM-UP	20 min jog - with passing , retro running etc stretch 5 mins
SPRINT	20 m beep simulation x 10 in 60sec, rest 1 min ,repeat 6 5m Hell version II : 10 m fwd (touch ground) - then 5m lateral - then 5 m back and repeat till you get to the 25....(sprint home 1 min rest (x6 repeats)
PATTERNS	Diamond Drill (x4) with a partner

Run Session 2

WARM-UP	15 min jog (approx 2 miles)
SPRINT	1 x 400 (under 80sec) – 3 min recovery 6x 150 (under 25sec) - 250 jog recovery 1 x 400 (under 80sec) – 3 min recovery
PATTERNS	Diamond Drill (x4) with a partner

WEEKS 9 & 12
RUNNING WORKOUT

Run Session 1

WARM-UP	2 min jog - stretch Then 1000m in 4min - stretch again
SPRINT	Ladder workout (work/ rest = 1:1) 800m - 3min/3min 400m - 75sec 200m - 35sec 100m - 15secrepeat 2x
PATTERNS	Diamond Drill (x4)

Run Session 2

WARM-UP	2 min jog - stretch 1000m in 4min - stretch again
SPRINT	30 min of continuous intervals - track or field 15 min of cruise the straights - cruise 25m Touch ground / split 5m / sprint 25m ,easy on the bends 15 min of sprinting the Bends (100m) at 75% ,straights easy jog
PATTERNS	Diamond Drill (x4)